

## Non-Breastfeeding Moms (After You Deliver)

### FOLIC ACID



Folic acid is a B vitamin that is needed to stay healthy and to have healthy babies. It can prevent serious birth defects of the brain and spinal cord. These birth defects happen before you know that you are pregnant. A baby born with these defects can have many health problems and may not live long.

Since not all babies are planned, you should get enough folic acid every day, even if you are not thinking about having a baby.

#### To get enough folic acid daily:



1. Eat a healthy diet with plenty of foods that are natural sources of folate. (Folic acid in food is called "folate".)
2. Eat lots of foods enriched with folic acid, such as breads, cereals, rice, pasta, and foods made with cornmeal.
3. Take a multivitamin with folic acid or a vitamin pill with 400 micrograms (0.4 mg) of folic acid daily.

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The following foods are good sources of folic acid and folate.



### Best

- Cereals fortified with folic acid (all WIC cold cereals, grits, and oatmeal)
- Dried beans and peas
- Orange juice
- Spinach
- Turnip Greens
- Lima Beans
- Sunflower seeds



### Good

- Enriched breads, flours, cornmeal
- Enriched rice, pasta, grits
- Eggs
- Grapefruit, pineapple, tomato juices
- Milk
- Nuts
- Peanut butter
- Strawberries
- Beets
- Broccoli
- Brussels sprouts
- Cauliflower
- Collard greens
- Corn
- Green peas
- Mustard greens
- Okra
- Romaine lettuce



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